

SUMMER & FALL 2005



Mt. Baker Rowing and Sailing Center

www.cityofseattle.net/parks/boats/Mtbaker.htm

Rowing ~ Sailing ~ Windsurfing ~ Youth Camps



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MISSION:

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

**Mt. Baker Rowing
and Sailing Center
206-386-1913**

◇ MT BAKER ROWING & SAILING CENTER

Program Hours

Monday-Thursday	5:30 am-9:00 pm
Friday	5:30 am-5:00 pm
Saturday	7:00 am-4:00 pm
Sunday	12:30 pm-5:00 pm

The above listed hours indicate when programs have been scheduled—NOT necessarily office hours.

If you call and reach our voicemail, please leave a message and someone will return your call as soon as possible.

Program and Office Closures

Memorial Day Weekend	May 28-30
Independence Day	July 4
Seafair	August 2-8
Labor Day Weekend	September 3-5
Veteran's Day	November 11
Thanksgiving Weekend	November 24-27
Winter Break	Dec 22-Jan 2

Mt. Baker Rowing and Sailing Center at Stan Sayres Park



3800 Lake Washington Blvd. S
Seattle, WA 98118

Served Metro Bus #34 & 39

Phone: (206) 386-1913

Fax: (206) 386-1914

Website:

www.cityofseattle.net/parks/boats/Mtbaker.htm

E-Mail: **mount.baker@seattle.gov**

Green Lake Small Craft is:
glrowing@aol.com

Contact the Seattle Parks and Recreation Info Line for other City resources and activities:

(206) 684-4075

Or on-line at:

www.cityofseattle.net/parks

E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at **www.seattle.gov/parks**. You can find this brochure information online.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at **www.seattle.gov/parks**, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951.

Special Populations

For information on programs for youth/adults with disabilities, please call the Special Populations Office at 206-684-4950, or visit the web at: **www.cityofseattle.net/parks/SpecialPops/index.htm**.

Waiting Lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings sometimes become available. If demand is high, we will try to form another class.

Class Cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) two days before the class start date.

Confirmations

Sorry, we cannot confirm every class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Order a Commemorative Mount Baker Brick

Purchase a commemorative engraved brick. There are 3 sizes to choose from and 3 areas to request placement at the new Mount Baker facility. Please call the office for an order form, 206-386-1913, or stop by today!

Professional Staff

Ken Bounds, Superintendent
Christopher Williams, Operations Director
Kathy Whitman, Aquatics Manager
Patsy Siegismund, Asst Aquatics Manager
Peggy Tosdal, Sr Rec Program Specialist
Karen Etsell, Recreation Leader

◇ SPECIAL EVENTS ◇

Summer/Fall Events and Races

Annual Mount Baker Open House: Sunday, July 17, 1:00-4:00pm

All are welcome! Try out sailing in the Flying Scot, paddling a kayak or canoe, and look over our class offerings on this "Bicycle Sunday". Come down and enjoy the day at **your** community rowing & sailing center.

Seafair Hydroplane Races: Saturday & Sunday, August 6 & 7

The "Thunder Boats" return to Lake Washington for the annual hydroplane event! Mount Baker will be closed from Tuesday, Aug. 2 through Monday, August 8... re-opening on Tuesday, August 9. Call 206-728-0123 or visit seafair.com for more Seafair information.

Danskin Triathlon: Sunday, August 21, 7:00am

An exciting and uplifting event to watch. The swim area and the change-over area is located in Genesee Park, across Lake Washington Blvd from Mt. Baker Rowing and Sailing Center. Visit danskin.com for more information.

Emerald City Swim: Saturday, August 20, 9:00am

There is a .5 mile and a 1.0 mile open water swimming race held in Andrews Bay, near Seward Park. Call 206-684-4766 for more information.

Tri-Mountain Regatta: Sunday, October 16, all day

The 19th Annual Tri-Mountain rowing regatta is a 3 mile head race, and the course runs south of I-90 towards Seward Park then back around to Stan Sayres Park. All sizes of rowing craft, from eight-oared shells to open water singles, are eligible to race.

Halloween Sailing Fest: Sunday, October 30

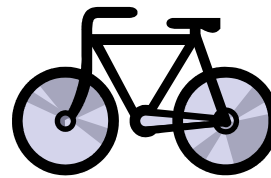
Come to race in or out of costume! All ages are welcome. Registration begins at noon. Prizes and awards will be given for a variety of sail races as well as costume.

Annual Christmas Ship and Silent Auction, Thursday, December 14, 6:00-9:00pm

The Christmas Ship will arrive with carolers at Stan Sayres Park at approximately 8:25pm. Start the evening at our annual Silent Auction. Come down to bid on the many items up for auction, sing carols, and enjoy hot cider and cookies. There will be photo opportunities for young ones and/or leashed dogs, with our special guest for the evening, Santa. At the end of the evening take home the perfect gift. Proceeds go to our expansion.

Bicycle Saturdays and Sundays

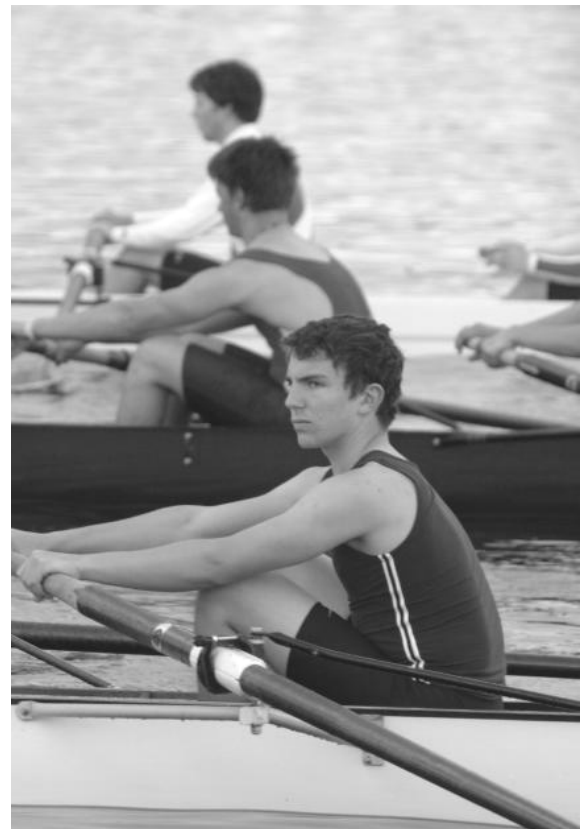
Portions of Lake Washington Boulevard will be shut down to vehicles between Mount Baker Beach and Seward Park



for exclusive use of bicycles throughout the late spring and summer months. The

road closures are scheduled to occur every 2nd Saturday (except on 3rd Sat in May-the 21st) and every 3rd Sunday, from 10am—6pm May through September. Please check for updates at: www.cityofseattle.net/parks/Athletics/bikesatsun.htm.

Classes will still be held! Parking at Mount Baker Rowing and Sailing Center may still be possible. Parking along 43rd Ave South is encouraged, or arrive by bike!



◇ YOUTH CAMPS ◇

Sunshine Sailors (Ages 8-11)

Beginner/Novice Sailors

Young sailors take to the water in our brightly colored Pram sailboats. New this season! Quick, bright yellow, and filled with fun, this 2.5 hour camp boasts fun and safety as top priorities. These quality boats are specially designed for the younger and smaller sailor. Bring a snack and water! All camps are Monday through Friday, class numbers are listed below camp hours. **A current Float Test is required.**

COST: \$82

CAMP DATES	8:45-11:15am	11:30am- 2 pm	2:30-5 pm
June 27-July 1	2301.3	2321.3	2341.3
July 5-8**	2302.3	2322.3	2342.3
July 11-15	2303.3	2323.3	xx
July 18-22	2304.3	2324.3	xx
July 25-29	2305.3	2325.3	xx
Aug 9-12**	2306.3	2326.3	xx
Aug 15-19	2307.3	2327.3	xx
Aug 22-26	2308.3	2328.3	xx
Aug 29-Sept 1**	xx	2329.3	xx

****Cost for this 4 day camp is \$66**

Intermediate/Advanced Sailors

Young sailors hone their sailing skills in our Pram sailboats. These young sailors will learn to generate more speed and have fun with navigating a sailing course. Registration eligibility is dependent upon experience. Check with a coach or the office. All camps are Monday through Friday, course numbers are listed below camp hours. **A current Float Test is required.**

COST: \$82

CAMP DATES	2:30-5:00 pm
July 11-15	2354.3
July 18-22	2355.3
July 25-29	2356.3
Aug 9-12**	2357.3
Aug 15-19	2358.3
Aug 22-26	2359.3
Aug 29-Sept 1**	2360.3

****Cost for this 4 day camp is \$66**

Youth Adventure Camp (Ages 10-14)

Multi-Sport



Plan on having a week of fun and adventure as we explore all that our neighborhood has to offer. You will go boating, play tennis at the Amy Yee Tennis Center, and enjoy the beaches and nearby parks. Some planned activities are: kayaking, canoeing, rowing, sailing, sailboarding, outdoor swimming at a life guarded beach, environmental stewardship activities, bike riding, hiking, and a variety of other games and adventures. Class content will be tailored to each week's enrollment. All camps are Monday through Friday (except noted), course numbers are listed below the camp hours. **A current Float Test is required.**

COST: \$140

CAMP DATES	11:30 am-5:00 pm
June 27-July 1	1002.3
July 5-8**	1003.3
July 11-15	1004.3
July 18-22	1005.3
July 25-29	1006.3
Aug 9-12**	1007.3
Aug 15-19	1008.3
Aug 22-26	1009.3
Aug 29-Sept 1**	1010.3

****Cost for this 4 day camp is \$112**

Youth Camps (Ages 10-17)

Boardblasters-Windsurfing for Kids

Fast, fun, and wet! Sailboard across the water, catch the wind...so much to learn in an action-packed week! **If you tip the scales at more than 90 pounds**, and are 10-17 years old, then this class is for you. All equipment is provided. All Boardblasters camps are Monday through Friday, course number is listed below camp hours. Adult windsurfing classes are listed on page 6. Life jackets are provided. **A current Float Test is required.**

COST: \$90

****Cost for this 4 day camp is \$72**

CAMP DATES	11:45 am-2:15 pm	2:30-5:00 pm
June 27-July 1	4102.3	4152.3
July 5-8**	4103.3	4153.3
July 11-15	4104.3	4154.3
July 18-22	4105.3	4155.3
July 25-29	4106.3	4156.3
Aug 9-12**	4107.3	4157.3
Aug 15-19	4108.3	4158.3
Aug 22-26	4109.3	4159.3

Beginner/Novice Sailing Camp

Have a great time learning to sail our small dinghy-type sailboats. Both new and experienced sailors are encouraged to register. Learn the basics of sailing, rigging, safety, and boat handling. Lifejackets are provided. Laser camp runs Monday through Friday, course numbers are listed below camp hours. Bring a snack and water.

COST: \$121

****Cost for this 4 day camp is \$97**

CAMP DATES	1:00-5:00 pm
June 27-July 1	2102.3
July 5-8**	2103.3
July 11-15	2104.3
July 18-22	2105.3
July 25-29	2106.3
Aug 9-12**	2107.3
Aug 15-19	2108.3
Aug 22-26	2109.3
Aug 29-Sept 1**	2110.3



Intermediate/Advanced Sailing Camp

Take advantage of the summer breezes to expand your sailing skills and knowledge. Learn new sailing tactics to increase your speed and precision as you maneuver through a sailing course in our Laser I's, II's, and 420's. This camp is a great way to prepare you for the Junior Sailing Team in the fall. Registration eligibility is dependent upon experience. Check with a coach or the office. Lifejackets are provided. Advanced Sailing camp runs Monday through Friday, course number is listed below camp hours.

COST \$82

CAMP DATES	3-5:30 pm
July 11-15	2154.3
July 18-22	2155.3
July 25-29	2156.3
Aug 9-12**	2157.3
Aug 15-19	2158.3
Aug 22-26	2159.3
Aug 29-Sept 1**	2160.3

****Cost for this 4 day camp is \$66**

Registration Info:

*Registrations ONLY accepted by MAIL and WALK-IN through June 13. Then we will accept registrations by phone or fax, **in addition** to mail and walk-in.*

All Camp participants must complete a float test (see pages 12 & 13).

Complete the Medical History and Authorization form found on page 15 and mail with your registration.

◇ ADULT SAILING & WINDSURFING ◇

Introduction to Sailing

Interested in a family outing? This class is designed for the beginner who is looking for an introduction to sailing on a larger more stable boat.

The Flying Scot is an 18 foot center-board sailboat. During the 3.5 hour class, you will be introduced to the helm, being part of a crew, points of sail, parts of the boats, and basic safety rules on the water. Life jackets are required and are available on site.

Maximum enrollment is either a combination of 5 adults or 6 family members, for quality personal instruction.

Sunday 1:30-5:00pm

2954.2	May 8	\$35
2955.2	June 12	\$35
2956.2	June 19	\$35
2957.3	July 10	\$35
2958.3	July 24	\$35
2959.3	August 21	\$35
2960.3	Sept 18	\$35
2961.4	Oct 9	\$35

LEARN to Sail—Adults

Take advantage of Mt. Baker's double-handed Lasers! Learn rigging, sailing theory, water safety, and more. Plan to bring a change of clothes on the first day. Participants who successfully complete this class are awarded a Mt. Baker Sailing Certificate for participation in more advanced classes or Mt. Baker's Open Sail Program. Instructional sailing books are available for \$15.

Participants must attend the first 10 hours of class time. Low income scholarships are available. **A current Float Test is required.**

Saturdays

2404.2	10:00am-4:00pm	June 4-18	\$120
2406.3	11:30am-4:00pm	July 2-23	\$120
2408.3	10:00am-4:00pm	August 13-27	\$120
2412.4	11:30am-4:00pm	Sept 10-Oct 1	\$120
2410.4	11:30am-4:00pm	Oct 8-Oct 29	\$120

Weekdays

2413.2	TTh	6-9:00pm	May 24-June 9	\$120
2415.2	MW	6-9:00pm	June 13-29	\$120
2417.3	MW	6-9:00pm	July 11-27	\$120
2419.3	MW	6-9:00pm	August 15-31	\$120

Windsurfing: Beginning for Adults



Gain the fundamentals of sailboarding as a solid base for fun in the future! Skills include rigging, terms, balance, stance, wind knowledge, and sail adjustment. Instructors will use the teaching techniques and stable recreation boards with smaller sails to increase control, as well as a dry land sailboard simulator. All equipment is provided. Participants who successfully complete this class may check out boards during Open Sailing. You must weigh at least 90 pounds. **A current Float Test is required.**

Saturdays –1:00-4:00pm

4404.2	May 7-21	\$72
4405.2	June 4-18	\$72
4407.3	July 9-23	\$72
4409.3	August 13-27	\$72
4411.3	Sept 10-24	\$72
4413.4	Oct 1-15	\$72

Weekdays –6:00-9:00pm

4414.2	TTh	May 24-31	\$72
4415.2	TTh	June 2-9	\$72
4401.2	MW	June 13-20	\$72
4410.2	MW	June 22-29	\$72
4412.3	MW	July 11-18	\$72
4416.3	MW	July 20-27	\$72
4418.3	MW	Aug 15-22	\$72
4420.3	MW	Aug 24-31	\$72

◇ ADULT CONTINUING SAILING ◇

Continuing Sailing—Adults

Minimum requirement to enroll is one (1) Learn to Sail or comparable experience. Please check with the office for more clarification if needed. **A current Float Test is required.** All equipment provided.

Effective Downwind Sailing with a Spinnaker

Expand your basic sailing knowledge and skill with broad reach sailing and running downwind using a lightweight spinnaker. Summer is a perfect time to learn the specialized skills of spinnaker flying. Learn on our 420 Vanguard fleet and Flying Scot.

Monday and Wednesday

2501.2	MW	6-9:00pm	June 20, 22	\$40
2503.3	MW	6-9:00pm	July 18, 20	\$40
2505.3	MW	6-9:00pm	Aug 22, 24	\$40

Saturday

2502.2	Sat	11am-4pm	June 4	\$33
2504.3	Sat	11am-4pm	July 9	\$33
2506.3	Sat	11am-4pm	Aug 20	\$33

Racing



Our chalk-talks and videos on racing rules, strategy, and tactics, combined with practice racing on the water will help get you ready for the racing scene. Learn how to tune and sail your boat to achieve maximum speed, how to interpret the rules of the road, how to apply racing rules to the race course and close proximity racing. Maximize your performance in all weather conditions.

Monday and Wednesday

2521.2	MW	6-9:00pm	June 27, 29	\$40
2523.3	MW	6-9:00pm	July 25, 27	\$40
2525.3	MW	6-9:00pm	Aug 15, 17	\$40

Saturday

2522.2	Sat	11am-4pm	June 11	\$33
2524.3	Sat	11am-4pm	July 16	\$33
2526.3	Sat	11am-4pm	Aug 13	\$33

Sailboat Notes:

Take advantage of Mount Baker's fleet of world-class dinghy sailboats. Mount Baker offers Laser I's and II's, Pram dinghies, and 420's to learn how to sail.



The double-handed Laser is raced internationally, as is the 420, which is widely used as a double-handed trainer for teams who compete in the Olympics in it's bigger cousin, the 470. The single-handed Laser is one of the most active racing classes worldwide and here in the Northwest. The full-size Laser is the Olympic men's single-handed boat, and the Laser Radial is the Olympic women's single-handed boat.

SPECIAL NOTE FOR WOMEN:

Women enrolling in the LEARN to SAIL or CONTINUING SAILING class, and wish to learn how to sail and compete in the LASER RADIAL must register early in order to reserve one of our 3 boats for the class.

CLOSURES

***H** No class on the following holidays: May 28-30, July 4, Sept 3-5, Nov 11, Nov 24-27.

***S** No class on the following Special Event days: June 24-26, Aug 2-8, Sunday Oct 16.

Please see page 3 for Bicycle Saturday and Sunday information!

◇ ADULT SAILING ◇

Sailing Review/Challenge



This class is for sailors who have experience and knowledge of small boat/dinghy handling. In passing this course you will receive the open sailing card for our laser fleet, necessary to participate in our **Open Sailing Program**, which will be valid for one year.

The curriculum focuses on site-specific safety concerns and procedures. Participants will be tested on the many aspects of sailing, such as: rigging, safety, and capsize/turtle recovery, and must also demonstrate good boating skills. There will be a skills test; practical and written. A minimum of 3 enrollees are needed. **A current Float Test is required.** Bring a change of clothes.

Sunday

2904.2	1:30-5:00pm	May 15	\$35
2905.2	1:30-5:00pm	June 5	\$35
2906.2	1:30-5:00pm	June 19	\$35
2905.3	1:30-5:00pm	July 10	\$35
2906.3	1:30-5:00pm	July 24	\$35
2907.3	1:30-5:00pm	August 14	\$35
2908.3	1:30-5:00pm	August 28	\$35
2909.3	1:30-5:00pm	Sept 11	\$35
2910.3	1:30-5:00pm	Sept 25	\$35

OPEN SAILING PROGRAM

SAILING enthusiasts wanted! Lasers, Laser II's, and Sailboards are available for drop-in OPEN sailing. This program is open to all sailors who have a current Mt. Baker Sailing Certificate, which must be presented at time of registration. Certificates are given to participants who have successfully completed all the requirements of Youth Sailing, Learn to Sail, Continuing Sailing, Racing, Beginning Windsurfing or have taken the Sailing Review/Challenge course. Certificates indicate sailboat qualification. Please check with the office for more information.

Sailboards and Laser I's are \$25, Laser II's and 420's are \$35 for the first two hours of sailing, additional time is \$10 per hour. You may drop-in for Open Sailing on Saturdays between noon-2:00pm; Sundays between 1:00-4:00pm; Monday-Thursday between 6:00-7:00pm. You may then sail until posted closing time for each respective day. All participating sailors (skipper and crew) **must have a current Float Test.**

Sundays June 5-Sept 25 *HS 1:00-7:00pm
Oct 2-30 *S 1:00-6:00pm

Mon-Thurs June 6-Aug 25 *HS 6:00-9:00pm

Saturdays June 4-Oct 29 *HS Noon-4:00pm



ROWING AND SAILING PERSONAL INSTRUCTION

Personal instruction is available to beginners or for those interested in advancing their current level of skill in rowing, sailing, and/or windsurfing. Instruction may be given to one individual or up to four equally skilled participants. It is \$30 an hour for 1 person, and \$10 extra per person per hour. For further information please call 206-386-1913.



◇ YOUTH ROWING ◇

WHY JOIN CREW?

Rowing on a competitive team is a unique experience! A sense of accomplishment and pride are gained as youth work to meet the physical and mental challenges of the sport of rowing. The rigorous sport also teaches sportsmanship and team camaraderie.

The summer program is open to boys and girls ages 13-18 and starting grades 8-12 in the fall. Classes teach fundamentals of the stroke as well as boat handling, water safety, and care of equipment. All classes are geared towards **competitive** rowing.



Youth Sculling

As the days grow longer and warmer, now is the time to learn to row in a single, double, or quad! This introductory sculling class is open to all youth rowers who have completed at least their novice season.

A current Float Test is required.

Tuesdays and Thursdays

3320.2 3:30-5:30pm May 31-Jun 16 \$60

3321.3 9-11:00am Aug 9-Sept 1 \$80

YOUTH ROWING

First round of registration for **SUMMER** starts May 1 and are due by **6:00pm on Monday, June 13**. Then, 1st come, 1st serve. See Registration Instructions on page 14.

First round for **FALL** starts August 1 and are due by **6:00pm on Wed, Sept 7**. Please sign up early—classes do fill up.

ONLY mail-in and walk-in registrations are accepted up until the first round deadline (June 13 or Sept 7). After the first round, we will start accepting phone-in and fax-in registrations IN ADDITION to mail-in and walk-in, if space is still available. Low-income scholarships and/or financial assistance are available. There is a 10% discount for additional family members enrolling in junior crew. **A current Float Test and Medical Form (page 15) are both required.**

Summer Crew

Novice **Attendance for the first 2 weeks is required for all Novices**

3103.3 M-F 8:30-10:30am June 23-Aug 6 *HS \$115

3104.3 M-F 10:30am-12:30pm June 23-Aug 6 *HS \$115

Experienced

3203.3 M-F 7:30-9:30am June 23-Aug 6 *HS \$115

Fall Crew

Novice —if started rowing after June 2005

Attendance for the first 2 weeks is required for all Novices

Girls: 3106.4 M-F 4-6:00pm Sept 13-Nov 14 *H \$192

Boys: 3105.4 M-F 4-6:00pm Sept 13-Nov 14 *H \$192

Experienced —attendance at all practices encouraged

Girls: 3204.4 M-F 3:30-6pm Sept 13-Nov 14 *H \$212

Boys: 3205.4 M-F 4-6:30pm Sept 13-Nov 14 *H \$212



CLOSURES

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***S** No class on the following Special Event days: June 24-26, Aug 2-8, Sun. Oct 16.

Please see page 3 for Bicycle Saturday and Sunday information!

◇ ADULT ROWING ◇

Introduction to Rowing

Curious about rowing? Want to understand the difference between sweep and sculling? Here's your chance for a quick introduction to a fast growing sport. Learn the fundamentals on land and water. Ages 12 and up; 12-15 year olds must be accompanied by an adult. Sign up early!

Saturday –9:30am-noon

3305.2	May 14	\$25	3310.3	Aug 13	\$25
3306.2	June 11	\$25	3311.3	Aug 27	\$25
3308.3	July 9	\$25	3312.3	Sept 24	\$25
3309.3	July 23	\$25	3313.3	Oct 23	\$25

CLOSURES

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***S** No class on the following Special Event days: June 24-26, Aug 2-8, Sun. Oct 16.

Please see page 4 for Bicycle Saturday and Sunday information!

Learn to Row—Level 1

Our learn to row classes teach the fundamentals of rowing. This "on the water" class will cover the basics of the rowing stroke, boat handling, water safety, rowing terms, coxing skills, and equipment care. Students begin with dockside rowing and progress to rowing in shells.

Satisfactory completion of this class will qualify you for our novice rowing program. A complete medical assessment, by a licensed professional, is strongly recommended for all adult rowers. Low income scholarships are available. **Float Test is required.**

Morning

3405.2	TTh	6:00-7:30am	May 3-31 *H	\$95
	Sa	7:00-9:00am		
3406.2	TTh	6:00-7:30am	June 7-30	\$94
	Sa	7:00-9:00am		
3408.3	TTh	6:00-7:30am	July 5-28	\$94
	Sa	7:00-9:00am		
3410.3	TTh	6:00-7:30am	Aug 9-Sept 1	\$94
	Sa	7:00-9:00am		
3412.3	TTh	6:00-7:30am	Sept 6-29	\$94
	Sa	7:00-9:00am		

Evening

3415.2	TTh	6:00-7:30pm	May 3-31 *H	\$94
	Sa	7:00-9:00am		
3407.2	TTh	6:00-7:30pm	June 7-30	\$94
	Sa	7:00-9:00am		
3409.3	TTh	6:00-7:30pm	July 5-28	\$94
	Sa	7:00-9:00am		
3411.3	TTh	6:00-7:30pm	Aug 9-Sept 1	\$94
	Sa	7:00-9:00am		

Novice Crew—Level 2

Fine tune your rowing technique, improve your skills with drills, and increase your aerobic capabilities with rowing. Instruction for sweep and sculling.



Prerequisite for this class is at least one Learn to Row course or equivalent. Develop strong technical knowledge and experience before moving to Level 3 or 4. A

complete medical assessment, by a licensed professional, is strongly recommended for all adult rowers. **A current Float Test is required.**

Practice Schedule: Classes are 2 hours. Saturday class is from 7:00am-9:00am.

Morning

3505.2	TThSa	5:30am	May 3-31 *H	\$84
3507.2	TThSa	5:30am	June 2-30	\$88
3509.3	TThSa	5:30am	July 5-30	\$88
3511.3	TThSa	5:30am	Aug 9-Sept 1	\$81
3513.4	TThSa	5:30am	Sept 6-Oct 1	\$88
3515.4	TThSa	5:30am	Oct 4-29	\$88

Evening

3516.2	TThSa	6:00pm	May 3-31 *H	\$84
3506.2	TThSa	6:00pm	June 2-30	\$88
3508.3	TThSa	6:00pm	July 5-30	\$88
3510.3	TThSa	6:00pm	Aug 9-Sept 1	\$81
3512.4	TThSa	6:00pm	Sept 6-Oct 1	\$88
3514.4	TThSa	6:00pm	Oct 4-29	\$88

◇ ADULT ROWING & CONDITIONING ◇

Intermediate/Rec. Crew—Level 3

Join this mid-morning group to continue to develop your rowing skills, increase your aerobic capacity, improve your overall condition, and simply enjoy the sport.

You may participate in local regattas in sweep and/or sculling boats. A complete medical assessment, by a licensed professional, is strongly recommended for all adult rowers. **A current Float Test is required.**

Mondays, Wednesdays, and Fridays

3605.2	9-11:00am	May 2-27	\$84
3606.2	9-11:00am	June 1-29	\$88
3607.3	9:30-11:30am	July 1-29 *H	\$88
3608.3	9-11:00am	Aug 10-Sept 2	\$81
3609.3	9-11:00am	Sept 7-30	\$88
3610.4	9-11:00am	Oct 3-31	\$88
3611.4	9-11:00am	Nov 2-30 *H	\$88
3612.4	9-11:00am	Dec 2-21 *H	\$66

Conditioning for Rowing



Experience that great feeling of being fit and fast for the upcoming racing season. This class will give you the edge in fitness for rowing. Some activities will include erging, calisthenics, weight lifting, and ball/yoga.

Practice Schedule: Tues and Thurs classes are at 6:00am or 6:00pm for 1.5 hours.

Tuesdays and Thursdays

3711.4	November 1-29 *H	\$38
3713.4	December 1-20	\$28

Inter./Adv. Crew—Level 4

Once you have successfully completed a series of rowing classes or equivalent experience, you are ready to join this program for continued rowing fitness and competition. On and off the water conditioning, advanced rowing technique, and racing skills are included for those interested in competition.

Regattas are attended locally, regionally, and nationally throughout the year. Pre-dawn rowing is now available. Evening water workouts are determined by available daylight. A complete medical assessment, by a licensed professional, is strongly recommended for all adult rowers. **A current Float Test is required.**

Practice Schedule: Classes are 2 hours. Tues and Thurs classes are at 5:30 am or 6:00 pm, and Saturday is at 7:00am. You may row 3 out of 5 scheduled practices.

Tuesdays, Thursdays, and Saturdays

3705.2	May 3-31 *H	\$84
3706.2	June 2-30	\$88
3707.3	July 5-30	\$88
3708.3	August 9-Sept 1	\$81
3709.4	Sept 6-Oct 1	\$88
3710.4	Oct 4-Nov 10	\$125
	<i>Evening Rowers</i>	\$120

Saturdays Only

3712.4	Nov 19-Dec 17 *H	\$30
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OPEN ROWING

Drop-in rowing is available for intermediate to advanced rowers. Purchase an Open Rowing Card, good for 10 rowing sessions, for a **Non-Refundable fee of \$90**. Seniors 65 and older are \$74.

Cards are valid for one year from purchase date. **A current float test and signed release form must be on file.** The Open Rowing card may be used during the following practices:

Mon/Wed/Fri *H	9:00-11:00am
Saturday *H	7:00-9:00am




◆ ANNOUNCEMENTS ◆

If you would like to advertise in our next brochure, please call our office for more information, 206-386-1913.



Families ~ HS Seniors ~ Mt. Baker



Mary Cairns Photography
2 0 6 - 7 2 3 - 8 7 2 0
www.marycairnsphotography.com

DONATE to our EXPANSION!!

You can contribute today by contacting Jean Zatochill at 206-723-8607 or e-mail jeanzatochill@aol.com. You may find a pledge form on our website:
www.cityofseattle.net/parks/boats/Mtbaker.htm

If you would like more information about the expansion project: call the facility at 206-386-1913 or email the Sr. Recreation Program Specialist, Peggy Tosdal at peggy.tosdal@seattle.gov

Natural Balance Roling

Leslie Selle
5042 Wilson Ave S
Seattle, WA 98118
(206) 725-7039



NED GULBRAN ASLA
Landscape Architecture · Landscape Restoration · Land Planning

(206) 725-0390

2833 Mt. St. Helens Place South · Seattle, Washington 98144

The Pro Parks Levy is making a difference in your community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city.

Our recreation facilities are providing teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness, swimming lessons for all 3rd and 4th graders, a wider range of activities for seniors, and more. We're removing litter from our facilities and parks more often; expanding park maintenance in the summer months; and working hard to maintain our valuable landscapes, trees, and other natural assets.

Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!

FLOAT TEST

Every Seattle Parks and Recreation participant must successfully pass a float test prior to the first water session of a small craft class. The float test is valid for **three years**. Float tests may be taken at any swimming pool while under the supervision of a lifeguard certified by the American Red Cross.



Identification is required. You must either float, tread water, or swim in place for ten minutes, without touching the bottom of the pool or the walls, while wearing long pants and a long sleeved shirt. In the last minute of the test you must put on a life vest while still treading water.

◇ POLICIES & PROCEDURES ◇

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

CANCELLATIONS:

- Any person who registers for a class, camp, special event, or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we will cancel it. We'll try to notify you at least two days before the class start date.

DAY CAMPS:

- Any person who registers for a day camp, and who requests a refund 14 days or more before its start, may receive a refund minus a 10% service charge. No refunds will be made for cancellations fewer than 14 days prior to the camp.

CLASSES:

- A participant may be issued a refund minus the first class and a 10% service charge, if he/she notifies the program coordinator prior the first class session.

For specific information please read the entire policy; which is available upon request.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or via fax with a credit card. We accept Visa, MasterCard, and American Express. Please make checks and money orders out to **Boating Advisory Council**.

If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. Exact

Non-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap. (Seattle Municipal code 18.12.280).

ADA Compliance

Reasonable accommodation will be made on request for persons with disabilities. For sign language interpretation, auxiliary aids or other accommodation, call the facility selected or call V/TDD 223-7061. If possible, please allow ten working days notice.

Fees and Charges

The Boating Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs and defray operating costs for Seattle Parks and Recreation. Class and program fees include Washington State sales tax where applicable. A portion of the fees are approved by Seattle City Council and are subject to change without notice.

Scholarships

The Boating Advisory Council in partnership with Seattle Parks and Recreation wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to waive some or all fees, offer activities on a sliding scale, allow for an exchange of activities for volunteer service, or offer scholarships.

Reduced fees are intended mainly for families or individuals in our Seattle neighborhood who are on public assistance or who are unemployed. To apply for reduced fees or scholarships, please talk to a member of our staff.

FLOAT TEST

Every participant must successfully pass a float test prior to the first water session of a small craft class. It is also a membership requirement for boating organizations sponsored by the Seattle Parks and Recreation. In deep water, while wearing long pants and a long sleeve shirt, you must float, tread water, or swim in place for ten minutes. In the final minute of the test you must put on a life vest while continuing to tread water. A ten-minute float test is valid for three years. Float tests must be taken at any swimming pool under the supervision of a lifeguard certified by the American Red Cross. Regular pool admission is charged.

NAME _____

ADDRESS _____

The above named individual has successfully passed a float test as required for participation in a small craft program sponsored by Seattle Parks and Recreation.

SWIMMING POOL / OFFICE USE ONLY

☐ Identification Verified: _____

Date: _____

Lifeguard name: _____ Pool: _____

Signature: _____



VALIDATION STAMP



Original Only - No Copies
accepted or provided

Summer and Fall 2005 REGISTRATION FORM

ADULT NAME (Last) _____ (First) _____ DATE _____
 ADDRESS _____ CITY _____ ZIP _____
 PHONE (h) (_____) _____ (w) (_____) _____ (Emergency) (_____) _____
 E-mail: _____ (for Mt. Baker program use only)

ASSUMPTION OF RISK AND RELEASE FORM: Injuries to participants in small craft programs may occur from risks inherent in the sports or activities; from placing stress on the body that it has not been prepared for; from accidents in learning or practicing techniques; from failing to follow training, safety or racing rules; from the use of transportation to and from regattas, races and other events and from administration of first aid. For example, I might slip and fall; I might be struck by part of a boat; my boat might capsize or I might be thrown overboard into cold water; it may hit another boat or run into an obstruction or the shore, and the collision injure me. The severity of the injury can range from minor cuts, scrapes, or muscle strains to catastrophic injury such as paralysis or even death. I will be exposed to the weather, including rain, wind, cold and sun, I might become ill through chill or suffer sunburn and heat exhaustion. In order to avoid injuries I will obey the directions of my instructors and will follow all safety rules. I will tell my instructor about any limitations or medical restrictions on my participation.

In consideration for my acceptance as a participant, I agree to assume the risks, release and hold the City of Seattle, its advisory councils, and sponsoring organizations, and their employees and agents harmless from claims for injuries and damages, which may occur from or as a result of my participation in the program. I agree that this assumption of risk and release shall bind my heirs and my estate. Participation authorized; risks assumed; and release granted. Authorizing signature below acknowledges having read all statements above. Participant's signature required, or the signature of a parent or guardian is required for participants under 18 years.

Signature: _____ Date: _____
 Parent/Guardian signature for anyone 17 years old or younger

PARTICIPANT'S NAME		Birth Date	EO*	Sex	Class Number	Class Fee
Last	First					
						\$
						\$
						\$
TOTAL						\$

*ETHNIC ORIGIN: Information is used for statistical purposes and is not required for participation. A=Asian; B=Black/ African American; H=Hispanic; N=Native American; W=Caucasian; O=Other

Please complete the following information:

MB Receipt Number: _____

☐ Paying by check payable to "Boating Council": Check Number: _____

☐ Paying by credit card: Type (circle) Visa MasterCard American Express

Card Number: _____ Expiration Date: _____

Name as Shown on Card: _____ Signature: _____ Date: _____

Registration Instructions

Larger Type Version
Available Upon Request

STEPS TO REGISTER:

1. Complete the registration form.
2. Enclose payment. Please make checks or money orders payable to "Boating Council." For Visa, MasterCard, or American Express, please fill out credit card information on registration form. All numbers are shredded after processing.

3. Mail to:

Mt. Baker Rowing and Sailing Center
 3800 Lake Washington Blvd S
 Seattle, WA 98118

Phone-in and FAX-in available AFTER: **June 13** (For all Summer Programs), and **Sept 7** (for Fall Crew):

Phone: 206-386-1913 FAX: 206-386-1914

- As space is limited, we encourage you to sign up early—at least seven days in advance of the first day of class. Although we sometimes accept late sign-ups, you may be disappointed if a class is full or was cancelled due to a lack of participation.
- Senior Citizen Discount of \$.80/hour class is available to adults ages 65 and older for all classes.
- Fees are subject to change without notice.
- **Float Tests are required and can be turned in on the first day of class. Please see pages 12 & 13.**
- Registrations will be accepted by mail all year. We will take registrations over the phone or via fax ONLY after the dates listed for the programs:

All Summer Programs
Fall Jr Crew

After June 13
After September 7

An anyone enrolled in our YOUTH PROGRAMS (found on page 4, 5, and 9), must complete the form at right with their registration. Please mail the Medical History and Authorization Form with a completed float test (found on page 13) - if needed, and the registration form to our office (address on page 2 and above registration form).

MEDICAL HISTORY AND AUTHORIZATION INFORMATION

Unless there are religious objections, we are unable to allow your child to participate without the following authorizations or alternatively your written statement of those religious objections. A MEDICAL TREATMENT AUTHORIZATION Form, signed by a physician is required for any medication taken or administered while in a Seattle Department of Parks & Recreation and/or Advisory Council program. Forms are available at each facility.

Child's Name (First & Last)		Age	Birthdate	Grade
Physician's Name (First & Last)		Phone		
Address		City		ZIP
Medical Insurance Company		Policy No.		Subscriber
Preferred Hospital for Treatment				Date of Last Physical Exam

I hereby authorize and consent to the administration of any and all medical, dental, and surgical examinations or operations and treatment or all other related care, including emergency transportation or ambulance transportation, the administration of drugs, tests, anesthesia and/or blood transfusions to the above named minor person that may be ordered by a physician and/or dentist in attendance at the medical center deemed necessary for emergency treatment. I hereby consent to the release of medical report(s) to any doctor or agency and consent to the admission of the above named minor person to the hospital. I understand that the City of Seattle, it's Department of Parks and Recreation, Advisory Councils, the Community Center, and their officers, employees and volunteers assume no financial obligation or liability in case of my child's accident or illness. **I assume full financial responsibility for emergency treatment for my child.**

SIGNATURE _____ DATE _____

GENERAL AUTHORIZATIONS AND INFORMATION

Behavior issues of which staff should be aware? _____

How do you handle these behaviors? _____

My child is allergic to or cannot eat the following foods: _____

My child experiences the following:

Please check all those that apply (you will be asked to complete an additional form to provide further information about your child so that we can provide the most positive experience possible). No child will be refused service as protected under the Americans with Disabilities Act (ADA).

- | | | |
|---|--|--------------------------------------|
| <input type="checkbox"/> ADD/ADHD | <input type="checkbox"/> Mental Disability | <input type="checkbox"/> Asthma |
| <input type="checkbox"/> Behavior Disorder | <input type="checkbox"/> Physical Disability | <input type="checkbox"/> Allergies |
| <input type="checkbox"/> Learning Disability | <input type="checkbox"/> Hearing Impairment | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Developmental Disability | <input type="checkbox"/> Visual Impairment | <input type="checkbox"/> Other _____ |

• My child has permission to participate in field trips including but not limited to visits to the local library or parks, neighborhood walks, or other field trips as scheduled, by means of walking, bus, or van. YES ____ NO ____ Initial Here _____

• Does your child have your permission to participate in swimming and other water activities at Seattle Parks & Recreation facilities including swimming pools, lifeguarded beaches, boating and wading pools? YES ____ NO ____ Initial Here _____

SWIMMING ABILITY: Non Swimmer _____ Beginner _____ Intermediate _____ Advanced _____

• My child may have sunscreen applied _____ times during the day. **(You must provide lotion)** YES ____ NO ____ Initial Here _____

• My child may be photographed (stills and video) for City of Seattle, it's Department of Parks & Recreation, the Advisory Council, or Community Center publications. YES ____ NO ____ Initial Here _____

RELEASE AND INDEMNITY AGREEMENT

The foregoing information is complete and true to the best of my knowledge. I also confirm the authorizations and consent detailed within this document, including but not limited to medical treatment, field trip and other activity participation, sign-in and sign-out by child, photos of child, and emergency contacts. I understand that should my child act in a manner that is unsafe for him/herself, other participants or staff, he/she may be excluded from the program. Accordingly I have told my child to obey all directions of the staff, to comply with all safety instructions and refrain from unsafe practices. I hereby release, discharge and covenant not to sue the City of Seattle, its Department of Parks and Recreation, its employees, volunteers, officers, agents, Advisory Council and Community Center from all liability to me or my child, or my child's personal representatives, assigns, heirs and next-of-kin for any and all claims, demands, losses or damages on account of any injury or damage to property caused or arising from my child's participation in the program.

SIGNATURE _____ DATE _____

PRINT NAME: _____

